Sabbath Dinner Menu For Lent 2026

This is an outline that invites you to have family or friends gathered for a weekly holy meal.

Questions to consider during the meal (each person may be encouraged to offer their own responses):

1) What was a highlight of this day for you and why?

2) Were you surprised by anything today?

3) What was the kindest thing that someone did for you today? Who was kind, and how did you feel about it?

4) What is the most thoughtful thing that you did for someone today? How was your kindness received? How did you feel about that?

5) Was there anything that you wish you could re-do this week? What would a redo look like and what would you hope to accomplish?

6) What are you looking forward to in the coming days?

When it is time to clear the table or the meal is finished – a closing blessing might reflect some of the highlights or insights that have been shared throughout. Give thanks for each of the people who are at your table. Pray in thanksgiving for each participant by name. As you extinguish the candles you might conclude with,

"And now Lord, as we have been nourished and have offered our prayers and thanksgiving with our conversation, be with us and help us to be mindful of your love, and of your expectation that we share our belovedness with others. All this we are bold to pray, Amen+

You could also close with the Lord's prayer, or a prayer for the evening from the New Zealand Book of Common Prayer.(https://anglicanprayerbook.nz/167.html)

Lord,
it is night.
The night is for stillness.
Let us be still in the presence of God.
It is night after a long day.
What has been done has been done;
what has not been done has not been done;
let it be.

The night is dark.
Let our fears of the darkness of the world and of our own lives
rest in you.

The night is quiet.
Let the quietness of your peace enfold us,
all dear to us,
and all who have no peace.
The night heralds the dawn.
Let us look expectantly to a new day,
new joys,
new possibilities.
In your name we pray.
Amen.

Tailor your sabbath meal to yourself and your table. As a gathered group, sharing food and being mindful of God and each other, you are reenacting the ancient tradition passed to us by Jesus and the prophets.

Other evening prayers:

The setting sun now dies away,
and darkness comes at close of day;
your brightest beams, dear Lord, impart,
and let them shine within our heart.

We praise your name with joy this night.
Please watch and guide us till the light;
Joining the music of the blest,
Oh lord, we sing ourselves to rest

To God the Father, God the Son,
And Holy Spirit, Three in One,
Trinity blest, whom we adore,
Be praise and glory evermore.

+++